

What Is Claimed Is:

1. An interactive boxing trainer comprising:

a) a main frame having a longitudinal slide rail, a lateral slide rail and a punched body;

5 b) a means for moving said punched body on said longitudinal slide rail and said lateral slide rail;

c) a pair of boxing gloves each having a glove signal transmitter;

d) a pair of boxing shoes each having a shoe signal transmitter; and

10 e) a control unit in connection with a plurality of signal receivers positioned at the upper and lower part of said main frame so as to receive signals sent by signal transmitters on the boxing gloves and shoes;

whereby the position, speed and travelling path of said boxing gloves and shoes can be detected and processed by said control unit which then commands said driving unit to move said punched body away from said approaching gloves and
15 shoes.